THE BEST SPRING VEGETABLES TO GROW IN YOUR GARDEN

SPRING VEGGIES CHECKCLIST

1. Lettuce.
2. Spinach.
3. Radishes.
4. Carrots.
5. Peas.
6. Broccoli.
7. Cabbage.
8. Kale.
9. Swiss Chard.
10. Beets.
11. Arugula.
12. Onions.
13. Garlic.
14. Cauliflower.
15. Asparagus.

Happy Gardening!

LETTUCE

Lettuce is one of the easiest and fastest-growing vegetables to plant in the spring, making it perfect for gardeners of all experience levels.

It thrives in cool weather, germinates quickly, and can be harvested multiple times by cutting leaves as needed.

Plus, fresh homegrown lettuce is crisp, flavorful, and packed with vitamins, making it a healthy addition to any salad or sandwich straight from your garden.

SPINACH

Spinach is a cool-season favorite that grows quickly and thrives in early spring. Packed with vitamins and minerals, it’s perfect for salads, sautés, and smoothies.

Spinach can tolerate light frosts, making it one of the first leafy greens you can harvest in your garden, and it often produces multiple cuttings for a continuous supply of fresh, nutritious greens.

RADISHES

Radishes are a fast-growing, easy-to-harvest spring vegetable that’s perfect for beginner gardeners. They thrive in cool soil and can go from seed to harvest in just a few weeks.

Radishes add a crisp, peppery flavor to salads and sandwiches, and because they grow quickly, they’re a satisfying crop for gardeners looking for almost instant results in the spring garden.

CARROTS

Carrots are a classic cool-season vegetable that grows best in loose, well-drained soil. They’re packed with nutrients like beta-carotene and add natural sweetness to your meals.

While they take a bit longer to mature than some spring vegetables, carrots are rewarding because they can be harvested over several weeks, and baby carrots can even be picked early for a tasty snack straight from your garden.

PEAS

Peas are a fantastic spring vegetable because they thrive in cool weather and can even handle light frosts. They grow quickly and produce sweet, tender pods that can be eaten fresh or cooked.

Peas also love a little support, like a trellis or stakes, making them fun to grow and harvest. Planting peas early in the season gives you a delicious, nutrient-packed crop while other vegetables are still getting started.

BROCCOLI

Broccoli is a nutrient-packed, cool-season vegetable that thrives in spring gardens. It grows best in fertile, well-drained soil and produces large, dense heads full of vitamins and minerals.

Broccoli takes a bit longer to mature than some quick-growing greens, but with proper care, it provides multiple harvests, making it a reliable and rewarding addition to your spring garden.

CABBAGE

Cabbage is a hearty, cool-season vegetable that grows well in spring gardens. Its dense, leafy heads are full of nutrients and can be used in salads, slaws, soups, and fermented dishes like sauerkraut.

Cabbage is relatively low-maintenance, and when planted early, it thrives in cooler soil, giving you a reliable, long-lasting crop for the season.

KALE

Kale is a hardy, nutrient-rich leafy green that loves cool spring weather. It grows quickly and can tolerate light frosts, making it perfect for early-season gardens.

Kale’s tender leaves can be harvested repeatedly, providing a continuous supply of vitamins and minerals for salads, sautés, and smoothies. It’s a favorite for gardeners looking for a low-maintenance, superfood-packed crop.

SWISS CHARD

Swiss Chard is a versatile, colorful leafy green that thrives in cool spring weather. Its tender stems and vibrant leaves can be harvested continuously, making it perfect for salads, sautés, and stir-fries.

Swiss Chard is packed with vitamins and minerals, grows quickly, and adds a beautiful splash of color to your garden while providing a reliable, nutrient-rich harvest.

BEETS

Beets are a cool-season root vegetable that grows best in loose, well-drained soil.

Both the roots and tender greens are edible and packed with nutrients, making them a versatile addition to your garden.

Beets are relatively easy to grow, and with successive plantings, you can enjoy fresh roots and greens throughout the spring season.

ARUGULA

Arugula is a fast-growing, peppery green that thrives in cool spring weather. It’s perfect for salads, sandwiches, and garnishes, adding a bold flavor to your meals.

Because it grows quickly and can be harvested repeatedly by cutting leaves as needed, arugula is a satisfying, low-maintenance crop for early-season gardens.

ONIONS

Onions are a versatile, cool-season crop that can be grown from seeds, sets, or transplants.

They add flavor to countless dishes and store well for later use.

Planting onions in early spring allows them to develop strong bulbs and flavorful greens, making them a reliable and rewarding addition to your garden.

GARLIC

Garlic is a low-maintenance, cool-season crop that adds incredible flavor to your cooking.

Planting garlic cloves in early spring (or late fall in some regions) allows them to develop large, flavorful bulbs by summer.

Garlic also grows well in small spaces and can be a rewarding addition to any garden, providing both fresh greens and robust bulbs.

CAULIFLOWER

Cauliflower is a cool-season vegetable that thrives in spring gardens and produces dense, nutrient-rich heads. It prefers fertile, well-drained soil and consistent moisture for the best results.

While it takes a bit longer to mature than some quick-growing vegetables, cauliflower is rewarding because it provides a hearty, versatile crop that can be used in soups, roasted dishes, and even raw salads.

ASPARAGUS

Asparagus is a perennial spring vegetable that comes back year after year, making it a long-term garden favorite. It thrives in well-drained soil and full sun, producing tender, flavorful spears in early spring.

While it takes a couple of years to establish, once your asparagus bed is thriving, it provides a reliable, low-maintenance harvest each season.